

1Whole wheat biscuitrevised20 1=1grainserv

Number of Servings: 20 (46.52 g per serving)

Amount	Measure	Ingredient
3 1/2	cup	Flour, whole wheat, whole grain
7.00	tsp	Baking Powder, double acting
2 1/2	tsp	Cream of Tartar
3 1/2	tsp	Sugar
9.00	Tbs	Margarine, soft, safflower oil
1 1/3	cup	Milk, nonfat/skim, w/add vit A & D

Nutrients per serving

Nutrition Facts	
Serving Size (47g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 6%	Vitamin C 0%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Mix together flour, baking powder, cream of tartar and sugar. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add milk all at once. Mix until just moist but still crumbly.

Use level #24 scoop to scoop each biscuit (or #12 scoop divided for 2 biscuits) and place on baking pan sprayed with nonstick spray. Pat down each biscuit to 1/2" thick.

Bake at 400 degrees F for 9 to 12 minutes until lightly browned.

1 biscuit = 1 whole grain serving

1 biscuit = 16 grams carbohydrate = 1 carb serv